

Virtual Getting Ahead 2020
One Experience – SVDP Waukesha Wisconsin
GA Practitioner Call – November 16, 2020

Our Stages of Change

- **Pre-Contemplation January, February 2020 “no thought of change”**
- **Contemplation March 2020 “thinking about, talking about change, seeking support and wishing for a crystal ball.”**
 1. Talked to facilitators, building partners
 2. Participated in and learned from National SVDP conversations
 3. Reviewed our first virtual model – what worked, what didn’t
- **Preparation June, July, August, September “Decision time – yes, let’s get going!”**

Finalizing the model – hybrid or virtual only

 1. GA Team created session agendas several times
 2. Settled on 90-minute virtual sessions with 30 minutes of independent work twice a week.
 3. Redesign in-person activities for virtual setting
 4. Created 160 GA slides to coordinate with session agendas
 5. Explored technology options considering cost, tech skills needed to use and connectivity.
Decided on Amazon Fire.

Investigator Prep – what’s new?

1. Recruit for a virtual session
2. Create Technology Guide and User Agreement for Amazon Fire
3. Rethink food and gift cards

4. Review attendance policy
5. Revise investigator binder (to include all slides, independent work for workshop as well as graduation boards)

Facilitator Prep

1. Facilitators connecting and learning the technology – practice and having a tech for all sessions.
- **Action October 2020 “we’re doing it! And continue to learn”**
 1. Module 0 – one on one paperwork, receive and practice with Amazon Fire, encouragement
 2. Seven investigators, 3 facilitators, 1 technician sign in to Zoom for 90 minutes. Engagement has been equal to or more than in person. Break out rooms used each session, slides used (not as expected).
 3. Achieving sharing of written work – session journals are sent in next morning, compiled, sent to facilitators, e-gift cards sent to investigators. More needs to be figured out in this area.
 4. Facilitators missing opportunity to connect informally during meal and after session. Trying to take advantage of before session chat and check in after each session if needed.
 5. Connectivity problems arise during session; being prepared to connect in other ways on the spot.
 - **Continued Preparation, Action and Maintenance - “all needed at once”**

Also doing a Spanish speaking workshop – which has had evolving delivery models. (In person-remote & currently all in person)